

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
|  | <b><u>Lunch</u></b> 3/1<br><b>Pub Burger w/Grilled Onions</b><br>Mashed Potatoes<br>Cut Green Beans<br><u>Banana</u><br><b>Dinner</b><br><i>Shaved Turkey Sandwich</i><br><i>Orange Juice</i><br><i>Lemon Pudding</i> | <b><u>Lunch</u></b> 2<br><b>Roast Beef w/Gravy</b><br>Hot German Potato Salad<br>Baby Beets<br><u>Pears</u><br><b>Dinner</b><br><i>Chicken Salad Sandwich</i><br><i>Apricot Nectar</i><br><i>Cinnamon Coffeecake</i>          | <b><u>Lunch</u></b> 3<br><b>Chicken w/Cranberry Sauce</b><br>Brown Rice Pilaf<br>Winter Squash<br><u>Peach Crisp</u><br><b>Dinner</b><br><i>Shaved LS Ham Sandwich</i><br><i>Apple Juice</i><br><i>Animal Crackers</i>                  | <b><u>Lunch</u></b> 4<br><b>Homemade Meatloaf OR Fish Florentine</b><br>Mashed Potatoes<br>French Cut Green Beans<br><u>Pumpkin Cookie</u><br><b>Dinner</b><br><i>Egg &amp; Cottage Chz. Sand.</i><br><i>Grape Juice</i><br><i>Tropical Fruit</i> |
| <b><u>Lunch</u></b> 7<br><b>Chicken ala King over a Biscuit</b><br>Baby Carrots<br><u>Sugar Cookie</u><br><br><b>Dinner</b><br><i>PB &amp; Jelly Sandwich</i><br><i>Grape Juice</i><br><i>Banana</i> | <b><u>Lunch</u></b> 8<br><b>Roast Turkey w/Gravy</b><br>Bread Dressing<br>Monte Carlo Blend Veg.<br><u>Apple Cobbler</u><br><br><b>Dinner</b><br><i>Mini Pancakes</i><br><i>Apple Juice</i><br><i>Peaches</i>         | <b><u>Lunch</u></b> 9<br><b>Cabbage Casserole</b><br>Mashed Potatoes<br>Green/Wax Beans<br><u>Brownie</u><br><br><b>Dinner</b><br><i>Shaved Turkey Sandwich</i><br><i>Cranberry Juice</i><br><i>Pears</i>                     | <b><u>Lunch</u></b> 10<br><b>Pierogies w/Onions</b><br>Peas<br>Baby Beets<br><u>Tropical Fruit</u><br><br><b>Dinner</b><br><i>Shaved LS Ham Sandwich</i><br><i>Orange Juice</i><br><i>Spice Cookie</i>                                  | <b><u>Lunch</u></b> 11<br><b>Salmon w/Dill Sauce OR Homestyle Salisbury Steak</b><br>Mashed Potatoes<br>Broccoli<br><u>Fruited Yogurt</u><br><b>Dinner</b><br><i>Cheese Sandwich</i><br><i>Apricot Nectar</i><br><i>Pumpkin Cookie</i>            |
| <b><u>Lunch</u></b> 14<br><b>Spaghetti w/Meat Sauce</b><br>Italian Mixed Vegetables<br><u>Banana</u><br><br><b>Dinner</b><br><i>Mini Pancakes</i><br><i>Apricot Nectar</i><br><i>Graham Crackers</i> | <b><u>Lunch</u></b> 15<br><b>Chicken Marengo</b><br>Mashed Potatoes<br>Peas<br><u>Cinnamon Applesauce</u><br><br><b>Dinner</b><br><i>Shaved LS Ham Sandwich</i><br><i>Grape Juice</i><br><i>Chocolate Drop Cookie</i> | <b><u>Lunch</u></b> 16<br><b>Roast Pork w/Gravy</b><br>Baked Potato<br>Monte Carlo Blend Veg.<br><u>Peachy Gingerbread</u><br><br><b>Dinner</b><br><i>Chicken Salad Sandwich</i><br><i>Apple Juice</i><br><i>Fresh Orange</i> | <b><u>Lunch</u></b> 17<br><b>Beer Battered Fish Or Corned Beef</b><br>Boiled Potatoes w/Parsley<br>Cabbage & Carrots<br><u>Vanilla Pudding</u><br><b>Dinner</b><br><i>Shaved Turkey Sandwich</i><br><i>Orange Juice</i><br><i>Pears</i> | <b><u>Lunch</u></b> 18<br><b>Chicken w/Cranberry OR Broiled Fish</b><br>Brown Rice Pilaf<br>Winter Squash<br><u>Fruit Cocktail</u><br><b>Dinner</b><br><i>Egg Salad Sandwich</i><br><i>Cranberry Juice</i><br><i>Animal Crackers</i>              |

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|---|--|---|---|--|
| <b><u>Lunch</u></b> <b>21</b><br><b>Chicken Divan</b><br>Brown Rice Pilaf<br>French Cut Green Beans<br><u>Peanut Butter Cookie</u><br><br><b>Dinner</b><br>Mini Pancakes<br>Apple Juice<br>Banana         | <b><u>Lunch</u></b> <b>22</b><br><b>Pub Burger w/Onions</b><br>Baked Beans<br>Potato Puffs<br><u>Pineapples &amp; Mandarin</u><br><u>Oranges</u><br><br><b>Dinner</b><br>Egg Salad Sandwich<br>Grape Juice<br>Butterscotch Bar   | <b><u>Lunch</u></b> <b>23</b><br><b>Grandma's Meatloaf</b><br><b>w/Gravy</b><br>Chantilly Potatoes<br>Country Mix Vegetables<br><u>Chocolate Cake</u><br><br><b>Dinner</b><br>Shaved LS Ham Sandwich<br>Orange Juice<br>Fresh Apple | <b><u>Lunch</u></b> <b>24</b><br><b>Ham Loaf w/Raisin</b><br><b>Sauce</b><br>Scalloped Potatoes<br>Red Cabbage Supreme<br><u>Peaches</u><br><br><b>Dinner</b><br>Shaved Turkey Sandwich<br>Cranberry Juice<br>Cinnamon Rice Pudding | <b><u>Lunch</u></b> <b>25</b><br><b>Pork w/BBQ Sauce</b><br><b>OR Breaded Fish</b><br>Macaroni & Cheese<br>Brussels Sprouts<br><u>Oatmeal Cookie</u><br><br><b>Dinner</b><br>Egg & Cottage Chz Sand.<br>Apricot Nectar<br>Fresh Orange           |
| <b><u>Lunch</u></b> <b>28</b><br><b>Macaroni &amp; Cheese</b><br>Stewed Tomatoes<br>Cauliflower w/Parsley<br><u>Banana</u><br><br><b>Dinner</b><br>PB & Jelly Sandwich<br>Cranberry Juice<br>Lemon Cookie | <b><u>Lunch</u></b> <b>29</b><br><b>Sausage Link w/Peppers</b><br><b>&amp; Onions</b><br>Potato Puffs<br>Baby Beets<br><u>Fruited Gelatin</u><br><br><b>Dinner</b><br>Shaved Turkey Sandwich<br>Apricot Nectar<br>Pumpkin Cookie | <b><u>Lunch</u></b> <b>30</b><br><b>Roast Turkey w/Gravy</b><br>Mashed Potatoes<br>Cut Green Beans<br><u>Pineapple Upside Down</u><br><u>Cake</u><br><br><b>Dinner</b><br>Egg Salad Sandwich<br>Grape Juice<br>Fresh Orange         | <b><u>Lunch</u></b> <b>31</b><br><b>Chili Con Carne over a</b><br><b>Baked Potato</b><br>Mexicorn<br><u>Cinnamon Applesauce</u><br><br><b>Dinner</b><br>Shaved LS Ham Sandwich<br>Orange Juice<br>Chocolate Chip Bar                | <b><u>Lunch</u></b> <b>4/1</b><br><b>Potato Crusted Pollack</b><br><b>OR Chinese Pepper</b><br><b>Steak</b><br>Lemon Rice Pilaf<br>Winter Squash<br><u>Low Fat Muffin</u><br><br><b>Dinner</b><br>Chicken Salad Sandwich<br>Apple Juice<br>Pears |

**Meals on Wheels Offices:**

Binghamton – 778-6205

Chenango Bridge – 201-5944

Conklin/Kirkwood – 343-4396

Deposit – 467-3953

Harpursville/Windsor – 693-1566

Whitney Point – 692-2653

**Menu subject to change without notice.****Milk and bread are sent weekly for you to consume throughout the week with your meals.**